

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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## Welcome to Spring! See what's on top in this issue:

- News
- Recommended resources
- Training
- Articles of interest
- What's on – conferences & workshops
- Subscription information

## News



### New video launch – Healthy Families New Zealand

Health Minister Jonathan Coleman is welcoming the launch of the [Healthy Families NZ video](#), encouraging people in their communities to take action against the rising rate of preventable chronic disease.



“Healthy Families NZ is challenging communities to think differently about how we address the underlying causes of poor health, including obesity, smoking and excessive drinking,” Dr Coleman says.

Healthy Families NZ has been rolled out in East Cape, Invercargill and Waitakere. The programme will launch in the Far North, Manurewa-Papakura, Lower Hutt, Manukau, Rotorua, Whanganui and Spreydon-Heathcote later this year. The video was co-created by the communities taking part in [Healthy Families NZ](#) and the Ministry of Health.



### People centered and integrated health services: An overview of the evidence

The [WHO global strategy on people-centered and integrated health services](#) is made up of two linked documents:

- 1) The strategy itself, *WHO global strategy on people-centered and integrated health services*, which presents a compelling case for a people-centered and integrated health services approach, along with a look at the way forward, and
- 2) *People-centered and integrated health services: an overview of the evidence*, which presents a number of case studies and the evidence on the benefits that people-centered and integrated care can bring to people, communities and countries.

## Recommended resources



### Great app for self-monitoring arthritis symptoms

The [Track and React tool](#) is specifically for people with arthritis, and uses a simple interface (just click or slide) to capture key daily activities and symptoms. It generates a personalised arthritis impact graph that reveals the potential relationship between actions and symptoms.



### Useful new resources from the Heart Foundation

#### [Angina resource](#)

The resource explains what angina is and how to deal with symptoms.

#### [You & your pacemaker](#)

The resource outlines what is involved with living with a pacemaker.



### Free e-course: The Informed Health Consumer: Making Sense of Science

[The Informed Health Consumer: Making Sense of Science](#) course is aimed at a lay audience and will be useful for people who want to find out more about a medical condition or those considering studying a health-related subject at university. It will also interest those who want to improve their knowledge of a health-related issue.

Over four weeks, the course will:

- Look at the factors that affect the reliability of evidence.
- Provide practical help on how to find the best evidence.
- Improve understanding of the terminology of health research.
- Provide some simple tools to help judge whether it's reliable.



### How much sugar is in that drink?

The Health Promotion Agency has recently released a new infographic, [How much sugar is in that drink?](#)

If you would like to order A3 copies of the poster, please email [myfamily@hpa.org.nz](mailto:myfamily@hpa.org.nz)

## Training



### What is shared decision making?

Victor Montori, from the Mayo Clinic, describes shared decision making and discusses how it can improve care for patients. [These videos](#) are part of the IHI open school series.



### Excellent updates from Goodfellow podcasts

[Goodfellow Clinics](#) is a series of podcasts featuring topical and relevant information for health professionals. These are excellent updates with practical tips and information from NZ specialists for GPs and nurses. Recent topics include:

[Heart Failure – Rob Doughty](#) 08 September 2015

[Renal Colic – Andrew Lienert](#) 25 August 2015

[Community Acquired Pneumonia – Mark Thomas](#) 04 August 2015

[Female Urinary Incontinence – Anil Sharma](#) 27 July 2015

[Management of Adult Depression – David Codyre](#) 21 July 2015.

eCALD™



### eCALD™ cultural competency courses online

[eCALD™](#) provides a range of online and face-to-face training courses for the New Zealand health workforce to develop cultural competencies. CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African backgrounds.

For further information about courses and resources, eligibility, cost and registration details please visit [www.ecald.com](http://www.ecald.com)



### Stop Smoking Practitioner Training

**19 – 20 November 2015**, Heart Foundation's Ellerslie offices, 9 Kalmia Street, Ellerslie, Auckland

The National Heart Foundation is hosting its next [Stop Smoking Practitioner Training](#) for those who want to extend their knowledge and skills to help people stop smoking. Courses are free.

## Articles of interest



### Health informatics – portals, web, text

Are smartphone apps for weight loss and smoking cessation well designed? A study published in the [New Zealand Medical Journal](#) tried to answer the question from a New Zealand public health perspective.

Overall, the 120 apps tested did not perform that well against the various criteria. Nevertheless, there were still some high-scoring individual apps. Some had additional desirable features. These included low battery usage, provision of feedback, provision of motivation/encouragement, memory functions retaining previously logged meals, and offline functionality. The main problem was that most did not have a food barcode scanning capacity that was relevant to the NZ market.

- Additional details on the top five apps in each category are given in an online seven minute video
- [Article](#)



### Health literacy & shared decision making

#### [Improving health care professionals' collaboration to facilitate patient participation in decisions regarding life-prolonging care](#)

The authors conclude: A wide range of personnel interact with and can support patients in shared decision-making. Allied health professionals and support workers should not be omitted when planning interventions to increase patient participation in decisions.

#### [He Māramatanga Huangō: asthma health literacy for Māori children in New Zealand](#)

This report, produced by the University of Otago, is the first to examine health literacy demands on both whānau and health services concerning asthma management for Māori children. It makes a number of recommendations to address health literacy to improve asthma outcomes.

### Primary care, LTC management, self-management

#### [An evaluation of the impact of the key information summary on GPs and out-of-hours clinicians in NHS Scotland](#)

Authors conclude: Patients willingly consent to share data with unscheduled care clinicians. Patients benefitting include those with palliative, complex or multiple conditions, at high risk of using emergency services. Out-of-hours clinicians would welcome more key information summaries, all well-completed and including social care information. Improvements include software enhancements and wider sharing of information with all unscheduled care services.

#### [Systematic review of clinical practice guidelines recommendations about primary cardiovascular disease prevention for older adults](#)

Clinical care for older adults is complex and represents a growing problem. They are a diverse patient group with varying needs, frequent multiple comorbidities and are more susceptible to treatment harms. Clinical practice guidelines (CPGs) therefore need to carefully consider older adults in order to guide clinicians. This study, published in *BMC Family Practice*, reviewed CPG recommendations for primary cardiovascular disease prevention and examined the extent to which CPGs address issues identified in the literature as important for older people.

### **Factors influencing the implementation of chronic care models: a systematic literature review**

The increasing prevalence of chronic disease faced by both developed and developing countries is of considerable concern to a number of international organisations. Many of the interventions to address this concern within primary health care settings are based on the chronic care model (CCM). The implementation of complex interventions such as CCMs requires careful consideration and planning. Success depends on a number of factors at the health care provider, team, organisation and system levels. The aim of this systematic review, published in *BMC Family Practice*, was to examine the scientific literature in order to understand the facilitators and barriers to implementing CCMs within a primary health care setting.

### **Self-Management and Self-Management Support Outcomes: A Systematic Review and Mixed Research Synthesis of Stakeholder Views**

Clinical indicators such as blood sugar control are often used to measure the success of self-management programmes but these may not be important outcomes for patients, families, professionals or commissioners. It is important to learn more about which outcomes are important to stakeholders in order to better design self-management support.

### **Culturally appropriate health education for Type 2 diabetes in ethnic minority groups: an updated Cochrane Review of randomized controlled trials**

Accepted Article (Accepted, unedited articles published online and citable. The final edited and typeset version of record will appear in future.)

Research activity in this field has increased considerably over the past six years, with culturally appropriate diabetes education showing consistent benefits over conventional care in terms of glycaemic control and diabetes knowledge, sustained in the short- to mid-term. Further research is needed to determine the clinical significance of these improvements and their cost-effectiveness.

### **Challenges to addressing obesity for Māori in Aotearoa/New Zealand**

The authors of this study, published in the *Australian and New Zealand Journal of Public Health*, examined obesity prevalence, causes and consequences for Māori, to explore how health disparities persist and how public health interventions could be implemented in more effective ways in the future.

## **What's on**



### **Health promotion calendar for October 2015**

- |            |  |
|------------|--|
| 1 – 31     | Health Literacy Month <a href="http://www.healthliteracymonth.org/">www.healthliteracymonth.org/</a>   |
| 1 – 31     | Breast Cancer Awareness Month / Street appeal 9 &10 October <a href="http://www.nzbcf.org.nz">www.nzbcf.org.nz</a>                               |
| 1          | International Day of Older Persons <a href="http://www.ageconcern.org.nz">www.ageconcern.org.nz</a>  |
| 3          | Blood Pressure Day <a href="http://www.stroke.org.nz/stroke-blood-pressure-campaign">http://www.stroke.org.nz/stroke-blood-pressure-campaign</a> |
| 5 – 11     | Mental Health Awareness Week <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>  |
| 20         | World Osteoporosis Day <a href="http://www.bones.org.nz">www.bones.org.nz</a>  |
| 29 – 4 Nov | Blind Appeal Week <a href="http://www.rnzfb.org.nz">www.rnzfb.org.nz</a>   |



**From mHealth to Future Tech Symposium: Personalised Wellness for All**  
 The National Institute for Health Innovation is running a two-day symposium.

**Date:** 22 and 23 October  
**Time:** 9.30am – 4.30pm (Thursday) & 9.30am – 12.30pm (Friday)  
**Location:** Auckland Conference Centre, Carlaw, Park, Auckland  
**Cost:** No charge, but registrations are capped at 80 people.  
**Website:** <http://nihi.auckland.ac.nz/page/recent-news/symposium-mhealth-future-tech-personalised-wellness-all>



**4TH APAC Forum**  
**23 – 25 September 2015, Auckland**  
 Rated as one of the top conferences to attend for 2015, view the impressive list of 130 high-profile speakers and pre-conference ‘intensive’ sessions. You will hear from international and local presenters who are pioneering change and making a real difference.  
 Visit <http://apacforum.com/>



**Obesity is Everyone's Challenge – ANZOS Annual Scientific Meeting**  
**15–17 October 2015, Melbourne**  
 The Australian and New Zealand Obesity Society (ANZOS) are holding their Annual Scientific Meeting. Registration and abstract submission are now open.  
 For more information about the conference, abstract submission and to register [visit the ANZOS website.](#)

**Subscription information**



**Suggestions & regional news**  
 We are always interested in receiving suggestions, regional news and articles for future editions of the *Long-Term Conditions Bulletin NZ*. Please send to [editor@healthnavigator.org.nz](mailto:editor@healthnavigator.org.nz)

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